

Arroz Confetti

(Confetti Rice)

RICE

American-grown rice is a clean product that does not need washing or rinsing before or after cooking. Most U.S. rice is enriched with iron, niacin, thiamin, and folic acid. Rinsing rice, or cooking rice in excess water and draining, results in loss of enrichment and other water-soluble vitamins and minerals.

SERVINGS 6

NUTRITIONAL GUIDE PER SERVING

CALORIES	162
FAT (G)	4
SATURATED	2.5
UNSATURATED	1.5
PROTEIN (G)	3
CARBOHYDRATES (G)	28
FIBER (G)	1.8
CHOLESTEROL (MG)	10
SODIUM (MG)	409



Created by Chef Lala
as seen in her *Latin
Lover Lite* cookbook.



INGREDIENTS

1	cup	long grain rice
2	tablespoons	butter
2	ounces	brown onion, small dice
1½	cups	chicken stock or water
1	cup	frozen mixed vegetables
1	teaspoon	salt

METHOD

- * Rinse and drain rice.
- * In a medium pan, over a low heat, melt butter and sauté onion until softened.
- * Add rice to pan.
- * Cook until golden, stirring constantly. Be careful not to brown.
- * Cover and simmer 15 to 20 minutes until water is almost all absorbed.
- * Add frozen vegetables.
- * Continue to cook until all liquid is absorbed, about 5 minutes.

Makes 3½ - 4 cups

Note: In order to make Spanish Rice (aka Mexican Rice) using this same basic recipe, replace ¼ cup stock with ½ cup tomato sauce.

